Calcium Game during Lunch Hour

Activity Goal:

Inform students of the importance of calcium and nutrition education.

Activity Description:

Have a table set up with a hole punch and cut out paper bones. Have a list of 8 calcium related questions. Ask the individual the question – for every question they get wrong have them put a whole in their bones.

Have information on the importance of calcium in youth and current trends with calcium consumption and youth.

Planning Guide for Calcium Game

Flaming Guide for Carcium Game			
Task Description	Lead Time	Completion Date	Person(s) Responsible
* Ask for Permission from appropriate people.	1 month	Date	You (and friends)
 Get an assigned date to display your display Ask for a table in the cafeteria to set display on 	3 weeks in advance		You (and friends)
 * Create copies of the calcium questions * Cut out enough copies of the bone for your lunch periods * Purchase prize * Print out posters/info sheets to set around the table * Find a box for people to enter their names for the prize drawing 	2 weeks in advance		You (and friends)
* Double check that everything is still lined up O Talk to person who is getting you the table O Talk to the foodservice staff to remind them you will be setting up your display in 2 days	2 days before		You (and friends)
* Set up your display – be available during lunch hour	Day Of		You (and friends)

In Depth:

- 1. Ask the appropriate person (food service director or principle) for permission to set up a display during the lunch hour(s).
- 2. Once permission is granted set up a date; ask for a table to be given as well.
- 3. Create copies of the calcium questions you'll be asking students print just as many bones and prize ballots (remember there are 6 bones per sheet and 16 prize ballots per sheet) as calcium question sheets. Keep **all** your receipts so proper reimbursement is given.
 - Question sheet:
 http://www.nationaldairycouncil.org/nationaldairycouncil/nutrition/nutrients/Calm5w.pdf
 - Bones & ballot attached to this document (cut them out before setting them out)
 - Find/borrow/purchase a hold punch.
- 4. Print off following informational sheets for information on the table. (again keep all receipts).
 - http://www.nationaldairycouncil.org/nationaldairycouncil/health/materials/Eat_to_Win_Tearpad.pdf
 - http://www.nationaldairycouncil.org/NR/rdonlyres/28E328D1-E07F-489B-B901-1CD2B67451EC/0/BoneHealthAdvertorialPediatrics.pdf
 - http://www.nationaldairycouncil.org/nationaldairycouncil/health/materials/tearpad.pdf
- 5. Find a box (any box will do) for people to deposit their ballots for participating
- 6. Purchase a \$15-20 gift card to a mall or to a movie theatre etc with the grant money provided.
- 7. 2 days before the event double check with individuals that you still are able to set up your display.
- 8. Day of: be sure to have all your supplies to set up your display.
- 9. HAVE FUN!!!

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